



When nursing home care is not your only option. . .

People in need of long term care today have many options. While nursing home care may be necessary for some, it is important to realize that this level of care can be provided in other settings. Since August 1998, the Community Choice Initiative has been helping seniors and persons with disabilities learn about their long term care options and make choices that best meet their needs.

Community Choice is a free counseling and assistance program under the New Jersey Department of Health & Senior Services. It is designed to assist those who prefer living in a community-based setting but are not aware of their options, and to help those who have questions about planning long term care for themselves, or a loved one, when it is uncertain what level of care is needed.

Community Choice Counselors, registered nurses and social workers, are trained to help nursing home residents and people being discharged from hospitals explore their care options.

Through this program, Counselors will:

- Provide information about special housing, community programs, and in-home services
- Explain any financial or medical requirements
- Coordinate with your discharge planner to find services that support dignity, choice, and independence
- Help you and your family make arrangements so that you will be happy, safe, and cared for in an appropriate community setting

Participation in the Community Choice program is completely voluntary.

*The important thing to remember is that you have options.
Through Community Choice you also have this support you need
to make well-informed decisions.*

Some options you will learn about through Community Choice include:

- ***Housing and Care Options*** such as Assisted Living Residences and Programs, Residential Health Care Facilities, and Alternate Family Care
- ***Community Programs*** such as Home Modifications, Medical Day Care, Respite Care, and Transportation
- ***In-Home Services*** such as Case Management, Chore Services, Home Health Care, Meal Preparation or Delivery, and Medication Management

You Have A Choice

To learn more about your long term care options,
Speak with the Community Choice Counselor assigned to your facility
or call the NJ Office of Long Term Care Options toll-free:

1-877-856-0877